

Eat the Plant-based foods which grow under the energy of the sun -These include Vegetables, Fruits, Lentils, Legumes, Seeds, Nuts and natural seed oils (Mustard, Sesame and Coconut). The plant food provides a right balance of complex low glycemic carbohydrates, fiber, proteins, micronutrients- vitamins, minerals, and cleansing antioxidants. Compared to plant-based foods; the animal foods lack this good balance.

You Are What You Eat !!



Paushtik Ahar Plate (Holistic Meal Plate)-Plant Based Foods

